

## **SHADOW LAWN SENIOR CENTER**

Committed to providing programs, opportunities, and services that promote the quality of life and individual growth for those area residents over 60 years of age.

Your Senior Center is where you may come five days a week, from 9:00 a.m. to 4:00 p.m., to fulfill many of your social, physical, nutritional, and intellectual needs.

In your Senior Center you may:

- Enjoy a hot lunch among friends.
- Discuss current events.
- Have your blood pressure checked.
- Meet new friends.
- Find volunteer opportunities for all ages.
- Help plan activities.
- Learn about community services.
- Join an exercise class.
- Have fun.

### **NUTRITION**

Senior nutrition lunch programs are available through the Older Americans Act. Participants will be asked to donate according to their income. Home-delivered meals will be prepared for eligible home-bound seniors 60 years of age or older.

### **RECREATION**

Crafts, music, art, dance, drop-in activities, special-interest clubs, trips and outings, ceramics, woodworking projects, special events, and table games.

### **HEALTH**

Health promotion and disease prevention activities including: Education, health screening, and flu shots.

### **ADVOCACY**

A Senior Citizen's advocate is available to put seniors in touch with appropriate resources to assist them with problems, including referrals for in-home care, help obtaining emergency and fuel assistance, and help with public and private insurance problems.

### **TRANSPORTATION**

Available for participants to and from Shadow Lawn and to public riders along shuttle routes.

## **FAUQUIER ADULT DAY CARE CENTER**

This Program is designed to serve persons with Alzheimer's disease, related dementias and the frail elderly. The Program is intended to provide respite for family caregivers, as well as socialization and stimulation for participants.

As much as possible, activities will be integrated with Senior Center Activities, with special programs, such as reality orientation, geared to special needs. Lunch, which is served daily at Shadow Lawn, will be provided as well.

The Adult Day Care Program is open from 8:00 a.m. until 4:00 p.m., Monday through Friday.

### **STAFF**

The program is staffed by an Adult Day Care Coordinator and volunteers.

### **FEE**

A fee of \$4.00 an hour is charged, which includes lunch. If the cost is a deterrent to the client's participation, a sliding-scale fee schedule or scholarships are available.

For more information about adult day care, please call In-Home Services at 347-0440.

## **RETIRED SENIOR VOLUNTEER PROGRAM**

### **VOLUNTEERS MAKE THE DIFFERENCE**

Shadow Lawn has an active volunteer program and the volunteers truly make the difference in both the Senior Center and Adult Day Care Programs. Volunteer opportunities include one-on-one companionship with clients.

The following volunteer positions are greatly needed:

- Teaching, nursing, and cooking skills.
- Preparing meals and delivering to home-bound seniors.
- Coordinating bulletin board displays.
- Leading discussions on current events.
- Playing piano for various occasions.
- Leading "sing-alongs."
- Instructing sewing projects.
- Assisting in ceramics and crafts.
- Coordinating birthday parties.
- Performing various types of entertainment.
- Persons knowledgeable in the field of pet therapy.
- Repairing bicycles.
- Sharing travel experiences through lectures and videos.
- Driving Seniors to various personal appointments.

## **YOU CAN MAKE A DIFFERENCE IN THE LIVES OF SENIOR CITIZENS**

If you would like to become a Shadow Lawn volunteer, or you would like to be placed as an RSVP volunteer with another community organization, please call the Volunteer Specialist at 347-2797.

### **RAPPAHANNOCK RAPIDAN**



**COMMUNITY  
SERVICES BOARD**

**Shadow Lawn Senior Center is operated by the Rappahannock-Rapidan Community Services Board, serving as the Area Agency on Aging for older residents of Fauquier County. Phone (703)347-7729 for more information**